

For the cause

SGA VP Issues Mark Mancini gets dunked to raise money for the United Way, outside of the Great Hall on Sept .10. Photo by Ryen Veldhuis.



University of Sudbury celebrates 100th birthday

BY KAYLA PERRY

After a century of existence, the University of Sudbury held a celebratory press conference on Aug. 27.

The university originally opened in 1913 as the College du Sacre-Coeur. After changing its name to the University of Sudbury in 1957, and changing its location in 1967, the university is now the longest standing post-secondary institution in the north.

"One hundred years of post-secondary education in the north, and here in Sudbury. It doesn't happen very often," said Pierre Zundel, president and vice-chancellor of the university.

The press conference, which according to Sylvie Renault of Registrar had a larger turnout than expected, was held in an effort to not only celebrate the centennial, but also make the public aware of the university's upcoming events this year.

In order to mark the centennial, the university will host a number of events in the 2013-2014 academic year, beginning with a city-wide scavenger hunt and barbeque later this month. The university will also open a haunted house on Halloween, a snowshoe baseball game in February, and plant 100 trees on April's Earth Day.

The university will also attempt to re-establish contact with alumni.

"The world's very different than it was 100 years ago, when we were the only show in town... so we need to find a place where we add a lot of value," said Zundel.

Since the press conference, Zundel has travelled to Moose Factory, where he will sign an agreement with the Mushkegowuk tribe for an educational two-year pilot project.

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SGA brings more bus routes for LU students

BY KAYLA PERRY

For many LU students, the Sudbury transit system is the primary route of transportation – this is why, over the summer, SGA representatives have been working to improve the service for students.

After conducting a summer study of LU students use of the bus routes, the SGA learned that the University Four Corners bus route was in high demand. It was also noted that an improvement could be made in the communication of transit information.

After analyzing the results of the study, the SGA began a number of meetings with transit officials, to work out a new set of routes for students.

To begin with, the 503 University/Four Corners route has been expanded to include Friday and Sunday instead of just Saturday. In total, 10 hours of extra service have been added to the route.

Similarly, a new 1:30 a.m. Regent/University route has been implemented on Saturday evenings.

The changes also include new hours of operation – the routes to and from campus will run from 12 p.m. to 7 p.m. on Friday and Saturday, as opposed to only

the few hours of operation in the past.

“These improvements will make a real difference, in terms of ease of movement to key locations like the South End Wal-Mart, the LCBO, and more for a great many students,” said Mark Mancini, Vice President of Issues for the SGA.

The SGA is also working in partnership with the University to install a number of monitors around campus to communicate transit information to students—including route times, stop times, locations, and more.

“This year’s SGA team really wanted to focus on improving the partnership to focus squarely on student transit needs. That means, largely, improved service for students,” said Mancini. “Out of this renewed commitment to transit, students will see some major improvements starting in September.

“I want to stress that these changes are the first steps in the right direction for student transit. There are still a great many challenges in transit, which we need to deal with. We plan to use this year to continue to work with Sudbury Transit to identify other improvements.”

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Photo by Zara Golafshani

Two Laurentian students get on the L.U. Express bus outside of residence.

Laurentian's School of Architecture opens in downtown Sudbury

BY GABRIEL RODRIGUES

After over a year of construction, Laurentian University finally unveiled the school of architecture to the City of Greater Sudbury's downtown core.

On Sept. 4, about 200 people, including Ontario Premier Kathleen Wynne and the University's President, Dominic Giroux, attended the grand

opening of the first architecture school opening in Canada in over 40 years, on Elgin Street.

There will be 70 students taking part in the program's first year, as classes are in the former farmer's market building, while faculty will have their offices in the old Telegraph Building next door.

Once the program is full by 2018,

the school of architecture is expected to generate 400 students studying in Laurentian University's downtown campus.

Also by September 2015, there will be a new building for the architecture school constructed next to the railway tracks. The renovations and construction for all buildings will cost

about \$20 million.

For more coverage, check out thelambda.ca, as well as future issues of the Lambda.

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Welcome back or nice to meet you, friends

LAMBDA STAFF

Hey there.

To all the new students out there, welcome to Laurentian. If you're new to Sudbury, welcome also to our fine city.

For those returning to Laurentian, welcome back and I hope your summer was one to remember.

Sudbury takes a bit of flak from some for not having enough to do, but those are the unimaginative. With the right company, this city has a lot to offer. Whether you're into a chill night at the Buddha, live bands at the Townehouse or heading out dancing at the Night Club, there is somewhere downtown for you.

The city also boasts some fantastic restaurants, from the Hourglass for dinner or Ti Amo's downtown for lunch (and, all of these places are a short bus trip from Laurentian).

Make sure to take advantage of the campus gym and track, if you're the active type, or join

some varsity or intramural sports.

Also, whatever you're into, the SGA probably has a club for you to join. If not, you can create your own!

I've always found that consistently bored people are boring people. Those who spend their time complaining about being bored should spend that energy doing something fun.

Anyways, best not to dwell.

University life is what you make it. Meet friends, fall in love, enjoy learning (even if not studying) and take advantage of all the opportunities you're offered. Now's the time to try new things, build your CV up and find out who you are.

The first few weeks of school, especially in a new city, are hard on all of us.

Unforgiving profs, impossible-to-find rooms and bus schedules that seem to be made by people who think common sense is an idea which has had its day.

We'll get through it.

Your profs are understanding, but they're not stupid. They were in your shoes. Don't make bad excuses or you will lose their trust. Be honest with them, but more importantly, be honest with yourself. Don't shy away from responsibility. Sometimes you get fucked over by a professor, sure. But most of the time, your failing or sub-par mark is all your fault. It's from the eight classes you missed or the essay you wrote last minute and didn't source properly. Or it's for the part you plagiarized from Wikipedia. Don't try it. Your prof has Google too.

All that being said, and all the scary stuff out of the way, you can enjoy learning and university life!

Here at the Lambda, we aim to provide you with information you'll find important, points of views that will interest you and, of course, a source of entertainment.

We are looking to have an exciting year. We'd like to take this chance to welcome our new staff and to welcome back our

returning staff!

We are students just like you. And, on that note, if you're interested in contributing to the Lambda, don't be shy! We welcome contributors of all skill levels and experience.

So, with all that out of the way, here's a toast to a good year

Cheers!

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Student Theatre Association plans ambitious year

BY RYEN VELDHUIS

The Student Theatre Association is planning to have an ambitious year, according to new president Vanessa DiFeo, as the organization looks to build off of the strengths of last year.

"This year we are deciding to have more workshops, a movement workshop, a singing workshop, an audition workshop and maybe even a combat workshop," DiFeo said. "We are going to start implementing movie nights. We want a Halloween movie night, a Christmas movie night and will continue that in the second term. We will continue our bake sales, which will happen at least once or twice a month."

She said their year will be highlighted by their major event established last year, the masquerade. DiFeo said last year's masquerade was a success due to selling out all of the tickets and isn't worried about doing so again.

"I think that the success of last year's masquerade excited the people on the committee and we are motivated to make this one even better," she said. "I don't think we're worried about being eclipsed by last year's

success, but we did learn a few things and will use that to plan this one. What we're worried about is that we won't have enough room for everybody to come."

She recommended when the time comes students buy their tickets in advance so they don't find themselves ticketless on the night of the event. The date and time has yet to be announced, but she said it will be early next term.

DiFeo said the workshops this year will cover a good variety of theatre and garner attention and interest to the art form. Some of the workshops, like movement, are based on theatre courses offered at Thorneloe and she said they give students who haven't taken the class a taste of what it's like.

"[Movement] is a very active and fun class and it will make you more confident and spatially aware," she said.

The audition workshop will be headed by last year's Student Theatre Association president and BFA graduate Kelsie Bennett.

The workshops will include refreshments and have small entrance fees to help fund the masquerade, but the price has

yet to be announced.

DiFeo said the mission of the Student Theatre Association is to bring both attention and interest to the theatre arts; something she said has been more or less neglected by a large portion of the community.

"Only recently has theatre

started booming again," she said. "We've seen the successful start of several theatre companies like Encore Theatre, YES Theatre and North Road Theatre."

DiFeo is excited for the year to come and to host yet another masquerade. "Buy your tickets and mask early and get your

fancy dress or suit ready, it's a great time," she said.

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Photo by Ryen Veldhuis

STA vice president Meaghan McKinney, left, Technical Director Ethan Bleskie, President Vanessa DiFeo and Chief Volunteer Charlotte van Walraven gather to discuss the year to come.



LAURENTIAN UNIVERSITY'S BUS HOME PROGRAM

Laurentian's Bus Home Program provides all Laurentian students with the unique opportunity of travelling from Sudbury to visit with friends and family during the academic year.

Trips are scheduled at regular intervals including Thanksgiving/fall break, Christmas, spring break and the last weekend before final exams. Destinations currently include Barrie, Ottawa, Timmins, Toronto and Sault Ste Marie, with established drop-off points along the way, all for a heavily discounted fee. Tickets for 2013-2014 are \$60 per person to Timmins or Sault Ste Marie and \$75 per person to Ottawa, Barrie or Toronto. These worry-free trips are extremely well received by students and parents alike.

Board your bus home directly on campus and avoid other crowded public transportation at peak student travel times.

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LU exchange students learn new languages and cultures

BY MATT RABEY

The famous German writer Johann Wolfgang von Goethe once said: "Wer fremde Sprache nicht kennt, weiß nichts von seiner eigenen. (Those who know nothing of foreign languages know nothing of their own.)" In August 2013, Laurentian University students Kendra Leigh and Tanner Warren took this to heart and went to the Konstanz summer school to learn German.

"It's been a goal of mine to learn another language," said Leigh. "And learning German was at the top of my list."

The summer school runs for one month and provides students with the requirements for a six credit equivalent back at Laurentian University.

"In the program there were about 150 students from all around the world, said Warren, "I found the University did a great job in separating everyone off into the appropriate class that was best suited for their level of German knowledge. Our classes weren't too big, ours probably had about 15 people in it, and others classes had less than that. Our class had a comfortable learning atmosphere and my teacher was very nice and easy to talk to."

This exchange is run by OBW (Ontario Baden-Württemberg) and has been operating successfully since 1990.

"What I liked about my experience," said Leigh, "Was that we were put into good hands once we arrived in Konstanz Germany. The IBH program was very organized and I felt very comfortable while I was in Germany."

The school is located on the Swiss German border in central Europe making travel convenient for people like Warren and Leigh.

Warren said, "I discovered travelling within Europe is in fact more economical than Canada so I relished being able to make trips in and around Germany on the weekend."

"I really loved how we had weekends free to do whatever

we pleased," said Leigh, "and many of us took this opportunity to travel. Our University also had excursions every week, which gave us amazing opportunities to see more of Germany."

Some of these excursions included hiking in Austria and visiting Meersburg Castle, but it was the excursion to Liechtenstein that was the most memorable as Leigh explained.

"For that excursion we went to the Vaduz Castle for Liechtenstein's national holiday. We ate lunch and drank beer at Prince Alois's castle, and I actually met him and talked to him in his courtyard! Later a group of us climbed up the Liechtenstein Alps and watched the sunset, then later we indulged in some fantastic German food and danced to some local music down in the town square. Lastly we laid on the cobble stone streets and saw the most breathtaking fireworks show ever."

Germany is a very different country compared to Canada and so are the people as Warren states.

"We're both extremely polite and courteous; and our weather and landscape are both comparable aside from the Swiss Alps being within reach." Warren went on to say "Some things I found different and better about Germany are that people seemed to consciously make time in their day to enjoy themselves, whether it was to drink some wine on the Rhine or take a walk through town. They are also significantly more active, something that can be seen by the number of people biking and walking everywhere."

To anyone interested the experience is sure to be unforgettable.

"I would definitely recommend this Summer Abroad Program to others said Leigh, "As I had one of the best months of my life here in Germany."

Going on exchange has something to offer everyone, but as Warren explains, it is the friendships that are truly special.

"One of my favourite quotes

I found on this trip by Goethe says, "Reise ist der Beginn der schönsten Freundschaften," meaning, "Travel is the start of the most beautiful friendships." And it is. Of all the things I gained from

my exchange, the friendships I made are what I hold dearest."

For anyone who is interested in attending the Konstanz summer school in 2014 contact the Laurentian University

international students office, located in the University of Sudbury.

lambda@laurentian.ca

Photos supplied

Kendra Leigh (top) poses in the Alps and Tanner Warren (below) is pictured in Lichtenstein.



Subway opens on campus

Subway opened to the public this week. It is open 10:30 a.m. – 8 p.m., Monday to Thursday and 10:30 a.m. – 4:30 p.m. on Fridays. Photo by Ryen Veldhuis.

U of S agrees to teach in Moose Factory

BY WILLIE POLL

On Sept. 28, a historic agreement between the University of Sudbury and the Mushkegowuk tribal council was signed, which entails a two-year pilot project which allows indigenous studies courses to be offered in Moose Factory.

One of the University of Sudbury's goals is to "bring university education to some communities for which it is hard to get, one of these communities is the aboriginal community," according to Dr. Pierre Zundel, president of the University of Sudbury.

The program will include two courses a year, and they will be held on Saturdays as not to disturb a typical work schedule.

"Over a two-year period we are going to send a faculty member periodically to Moose Factory to offer the courses in what will be mostly a face-to-face thing, but there will be some distance work such as emailing in projects, etc." Zundel said.

The program is targeting mainly Aboriginal people who

live in the area and wish to add to their education, however, it will also be useful for teachers in the area as many are non-aboriginals and the courses will help them understand the people they are working with as well as the area and rich culture behind it.

"I'm hoping that during these two years we will learn what works in terms of how to deliver the courses and help students," Zundel said. "I'm also hoping that as students become more confident in university learning they'll be able to take more distance learning and that over time it will be possible for somebody to receive a university degree without leaving their hometown." Zundel said.

Dr. Emily Faries of the department of Indigenous studies at University of Sudbury is the first professor to be part of this project.

"She is herself a Cree person from Moose Factory," Zundel added. "People were so excited that it was Emily Faries that was coming back."

Divesting is the new sexy: a letter to the editor

LETTER BY PAMELA CHARRON

Today we face a gathering crisis. A collision of inequality, injustices and ecological collapse, it's a crisis we call climate change. We can see it coming as a mess of floods, forest fires and droughts. As a student, it affects some of our favorite things like beer. Climate change impacts the quality of water therefore it will affect beer hops. Do you like coffee? Well, rising temperatures threatens coffee growers worldwide. Meanwhile, Tar Sands and other dirty energy and pipelines and tankers are threatening other communities. This is a crisis driven by greed, to exploit the environment, in the name of profit. But we can turn this around, and we must turn this around!

There is a growing movement taking place on campuses, high schools and in communities across North America. It takes people becoming united and raising awareness through our voices. There are students united on the Laurentian University campus fighting

for social and environmental justice. We are fighting against one of the greediest of them all, the fossil fuel industries. This is why we are encouraging Laurentian University to review their investments. Most universities have investments in the top 200 fossil fuel industries. Divesting will create barriers for multi-million dollar oil companies therefore removing their social license and reducing environmental impact.

Laurentian University should divest their portfolio from fossil fuels firstly because it is plain straight a bad investment and a financial risk. They cannot possibly burn all the invested oil reserves without condemning an environmental collapse. Therefore the carbon bubble will burst.

Secondly, reviewing the climate impacts within the endowment funds would add credibility to Laurentian's claim of being a sustainable university.

And lastly, divesting from fossil fuels will not only have a more positive impact on the environment but will also

benefit Laurentian's financial portfolio. As proof of this, Unity College in the United States divested their portfolio and has witnessed an increase in profit.

Fossil Free Laurentian is bringing this awareness to our campus and in the community. The growing support demonstrates that people are aware of the social and environmental injustices caused by the fossil fuel industries. Look out for events trending on campus such as our Free Pancake Morning on September 12th and a free rock/funk/reggae concert coming to Sudbury by the Jelly Fish Project.

For the good of students, our communities, and to preserve the quality of life for ours and future generations worldwide, we hope you will advocate joining a growing movement of schools across North America that are committed to preventing a more extreme climate by moving endowment beyond fossil fuels.

-Pamela Charron, on behalf of Fossil Free Laurentian

Narcissism in people who use Facebook, et al: Letter

LETTER BY DAVID CHIRKO

With over one billion surfers subscribed to Facebook worldwide, there has recently surfaced the intriguing issue of narcissism and its relation to people who overuse this medium, and, I believe, other areas of the internet. First, let me offer a definition of narcissism:

"...a term...whose common... focus is the relationship with the self... often wielded...as a pejorative label for traits such as self preoccupation, pride, perfectionism, vanity, grandiosity, entitlement, and exploitation of others" (Elizabeth L. Auchincloss, MD and Eslee Samberg, MD, eds., *Psychoanalytic Terms & Concepts*, 2012, p. 162).

"The characteristic subjective experience of narcissistic individuals is a sense of inner emptiness and meaninglessness that requires recurrent infusions of external confirmation of their importance...." Further, "When the...individual succeeds in extracting... confirmation in the form of status, admiration, wealth, and success, he or she feels an internal elation, often behaves in a grandiose manner, and treats others (...perceived to be of lower status) with contempt. When the environment fails to provide such evidence, narcissistic individuals...feel depressed, shamed, and envious of those who succeed in attaining the supplies...they lack" (PDM task Force, *Psychodynamic Diagnostic Manual*, 2006, p. 38).

Integral to narcissism and its disorders, then, is the inflation and/or deflation of one's self-esteem, utilized in order to "be perfect"--to feel good, and is defended through:

Idealization: "...the tendency to exaggerate the 'good' qualities of a specific person, an organization, a place, ideology, or a temporal era in one's personal life or one's national history. This tendency can also be directed at one's self. 'Idealization' is associated with feelings of euphoria, confidence, and optimism" (Salman Akhtar, MD, *Comprehensive Dictionary Of Psychoanalysis*, 2009, pp. 137-8).

Devaluation: the opposite of idealization, which is "...among the defenses...which underlie...narcissistic personality disorders." Further, "...idealization is always accompanied by the threat of devaluation. For...some...paranoid fears of envy and...dependence on others are defended against through devaluation and/or omnipotent control of others. If an idealized object fails...or...the...grandiose self collapses, the object or...self is...devalued" (Auchincloss and Samberg, p. 107).

Facebook obsessionists, found to be narcissistic, often suffer from Narcissistic Personality Disorder, or NPD. Conversely, social networking sites encourage young

bloggers to be narcissistic. Facebook, as well as youtube and personal sites, open and sculpt one's newer, more focused and behaviorally different, online identity. Therein its "performers" are compelled to control how they look, over post, and glorify shallow relations by incessantly posting picayune tidbits about their likes/dislikes and daily lives, all to fulfill their rapacious needs. Narcissists have more "friends," (150+ being the cutoff for approaching aberrance), leading to poor quality control of any genuine interest by those who are befriended. They also exaggerate their magnitude with numerous links and excessively extol what are other narcissists, who can, as well as casual viewers, be attracted to them. They may even improperly exhibit family and vacation photos that few would care about. To appease the more voyeuristic throngs, some have designed "professional" personal web sites that highlight clandestine, seductive photo essays, displaying—but unfortunately selling out and cheapening any genuine value of—a talent or possession they may have. Let's not overlook what's shown on youtube, wherein we can view countless confrontational performances by people who think they can dance or sing--and can, to a point. Such manipulative performers employ a creative mendacity to achieve a rapport with their gullible and idealizing cyber audience, whose thumbs up responses and adulation--be it sincere, or not--also illustrates their dearth of perspicuity. Also interesting, then, are the comments and guestbook entries I've espied by trolls on youtube and other blogs. Although performers often expunge devaluing, sardonic observations regarding their expertise, the resulting banter--pertaining to them, between commenters, pro or con, can be quite personal and bellicose. Said commenters may have a self-styled penchant for psychiatric diagnostics through cyberbullying--yesterday's nerds becoming today's intellectuals. To resolve irrelevant, personal conflicts, all three sides, via flame wars, narcissistically displace their rancor and revel in the tension and drama of the moment.

Can the above psychological definitions of a narcissistic disorder and its processes, through how I have perused it described and personally observed through Facebook (and other) usage, be validated by empirical research?

Erik Shute on the internet show "Mashable" Video--"Study Links Your Number of Facebook Friends to Narcissism" (March 19, 2012) <http://www.youtube.com/watch?v=OzwNnm33TWc>-tells us that at Western Illinois University in Macomb nearly 300 people took

the Narcissistic Personality Inventory Questionnaire, wherein those who scored high had more friends on Facebook, took photos of themselves and were on the site the full day performing updates. The more narcissistic they were, the more socially disruptive they appeared. Traits observed through the study were grandiose exhibitionism (GE)—being vain and attempting to be a cynosure; and entitlement and exploitativeness (EE)—the extent one thinks they are owed esteem and the degree they will strive to obtain it. Higher scores within these two parameters indicate that they want friends and social support, but don't reciprocate. A similar study he alludes to, on the differences on how the genders present, was conducted by psychologist Soraya Mehdizadeh, B.Sc., *Cyberpsychology, Behavior, and Social Networking*, August 2010, 13(4): 357-364. Here 100 student Facebookers at York University in Toronto were purveyed self-esteem and narcissistic personality self-reports. Note that web pages employed by the users were coded, geared by the content of self-promotional facets. The abstract, "Self-presentation 2.0: narcissism and self-esteem on Facebook," is available at: <http://www.ncbi.nlm.nih.gov/pubmed/20712493> and avers, "Correlation analyses revealed that individuals higher in narcissism and lower in self-esteem were related to greater online activity as well as some self-promotional content." Regarding the same study: John M. Grohol, Psy.D. at <http://psychcentral.com/blog/archives/2010/08/30/narcissistic-college-students-spend-more-time-on-facebook/> states, that the author, Mehdizadeh, examined but five of Facebook's profile features/sections: About Me, Main Photo, Notes, and Status Updates. Unilaterally, she rated each item to ascertain to what degree they were self-promoting in accordance with the definition above. The high correlation between narcissistic pupils and how often each day Facebook was delved and the amount of time they invested per session on it was sought. They assert, "However, the researcher did not find a significant correlation between scores on the Narcissistic Personality Inventory (NPI-16) and the 'About Me' section, the most obvious place a person might be expected to express themselves in a narcissistic manner. A significant correlation was found for self-promotion in the following areas: Main Photo, View Photos, Status Updates, and Notes." As for gender differences, Grohol says Mehdizadeh discovered they were substantial (no matter their NPI-16 score): men exhibited more self-promotional info in the About Me (intelligence) and Notes sections than the females. On the other

hand, the ladies showed a notably higher correlation between self-promotion in the Main Photos (racy pictures of their bodies).

Summing up the test results, augmented self-promotion was correlated with higher narcissism and self-esteem that was lower—but only within the parameters of the Main Photos. Said Photos could have been chosen or embellished to obscure unwanted features by those lacking self-esteem, in order to present a self they yearn for. Grohol ponders how rigorous all of this research is.

This leads me to ask, is being a rabid Facebook devotee--displaying defined narcissistic traits of ingratiating one's obsessive, overblown self to receive uplifting and weal; plus empirical results showing an effort to obscure or reverse a paucity of self-respect--tantamount to having NPD? I don't believe that this is always the case. Compare the fact that a somewhat obsessive personality is not always equivalent to having an Obsessive Personality Disorder. Some Facebookers might, in fact, be: immersed in ennui; depressed; devoid of social skills; or, even histrionic.

Those with Histrionic Personality Disorder, or HPD, are somewhat narcissistic--like sufferers of NPD, but are preoccupied with power and eroticism, via their competitiveness (they may experience guilt/shame over) and exhibitionism, in their own or (potentially threatening) opposite, sex or gender. They may also idealize and devalue like in NPD, as well as act out, use humour, and sexualize--through the, albeit innocent, use of aforementioned risque type photos (they might remove when surfers object)--indicative of their sociophilia and proclivity to overdramatize, throughout the web. Regarding differential diagnosis, the HPD utilizes attention getting strategies in order to appear vulnerable and dependent—to secure nurturing, reaffirming their value. Those with NPD, however, acquire attention by presenting an intimacy, albeit spurious, with friends they seek rapport, whom they fete as "big shots," thereby seeking encomium for their and their friends' "superior nature" and opulence. Having less conscience than those with HPD, NPD individuals disdain the sensitivity in others, being more proud of what they've accomplished.

Finally, as we have seen, many ardent Facebook bloggers do suffer from Narcissistic Personality Disorder, nevertheless, same may be afflicted with other personality disorders, like Histrionic. More research here should be welcomed.

Volunteer Fair - Salon du bénévolat

Laurentian University – Université Laurentienne



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Le mardi 17 septembre 2013

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Rob Straughan is Forge



BY KALLIE BERENS

The new general manager at CKLU is making waves across the LU campus, making him the perfect fit for this issue's superhero, Forge.

Forge, a member of the X-Men, is known mostly for his superhuman talent when it comes to the invention and implementation of technology, and Rob is the same way. His first summer at the station involved lots of technological setbacks that he conquered with patience, logic and creativity.

One of the most pressing issues in the

CKLU studio during the summer is the heat that makes every DJ sweat approximately a bucket of water during their show. Fans cannot usually run during air time due to their noise levels, but Rob strategically placed fans around the room to ensure the well-being of the show hosts without creating any unwanted noise.

His radio show "Sleeping Out Loud" on Thursday nights is crafted with mystical abilities not unlike Forge's.

Illustrations provided by Marvel Comics

Forge is one of the craftiest heroes in the Marvel universe. The X-men often rely on his technology to enhance the team.



10 ways to utilize your frosh kit

BY KALLIE BERENS

This year the SGA-AGE has assembled another frosh kit for students designed to give students some must-have items to assist students with the upcoming school year. In addition to two different bags, the student union has included a variety of items including non-perishable food items, hygiene products and household items. Starting off the school year, we put together a list of alternative uses for some of the key items in the frosh kit.

#1

Condoms are a great way to practice balloon animals.

#2



The cardboard orientation pack can be used as a reusable McDonald's holder.

#3



The giant black bag is perfect for trips to the laundromat. The strap is durable and can easily slip over your shoulders.

#4



Make a Flavor Flav chain: fashion the Popeye's cup lid, with a clock face drawn on, to the SGA lanyard. Gold spray paint is optional.

#5

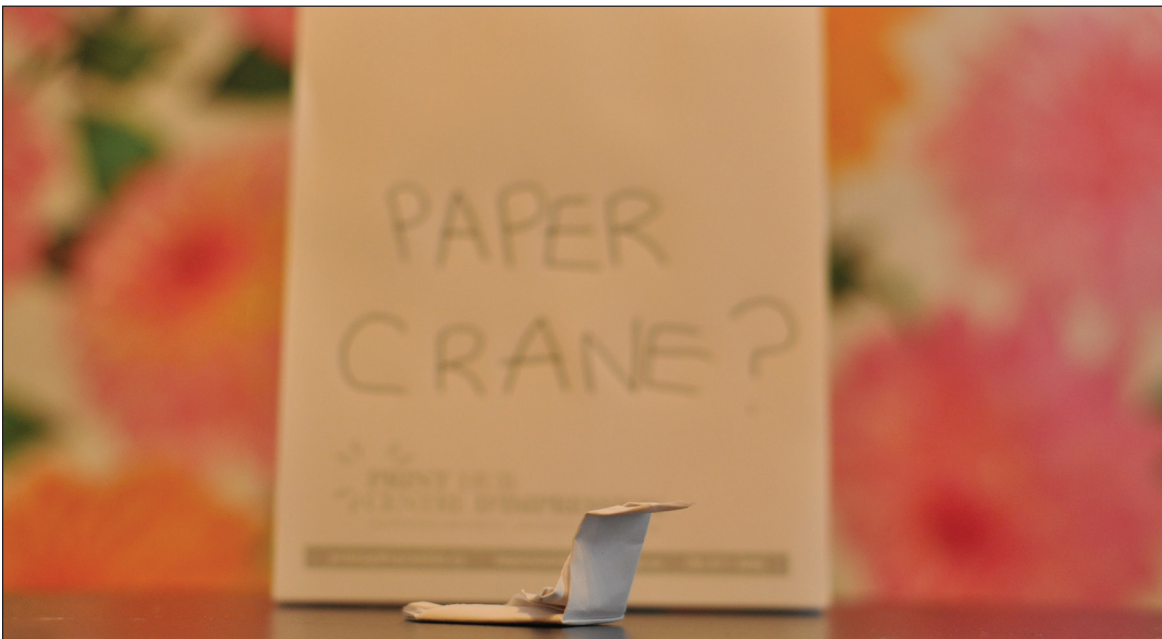


The staple of the frosh kit, the iconic Topper's Pizza cup, has an approximate capacity of one litre, or roughly 2.18 bottles of beer. Be safe!

#6

Whatever food you don't like in your bag, donate to the Laurentian Food Bank. They are located right down the hall from the SGA office.

#7



The notepads are perfect for practicing blossoming origami skills.

#8



Have classes in the Fraser Auditorium? Bring the foam hand to help be seen when answering questions.

#9



Save the pack of Skittles and the pack of chips as Halloween treats for two very happy kids.

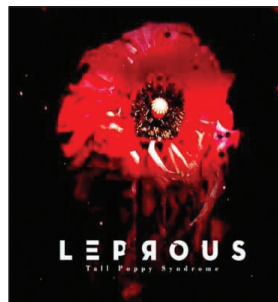
#10



Make a frosh-themed Jenga game.

Lambda recommends...

Ron Guillet - Editor



Leprous

White



Avenged
Sevenfold

Planets



Protest the
Hero

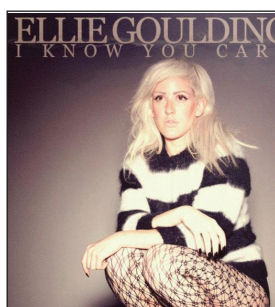
Clarity

Ed Veilleux - Assistant Editor



Jay-Z

On To The Next
One



Ellie Goulding

I Know You Care



Kendrick Lamar

Ronald Reagan
Era

Kallie Berens - Staff writer



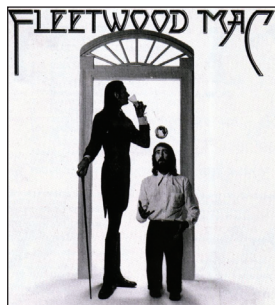
The Almighty
Rhombus

Blank



LCD Sound-
system

Pow Pow



Fleetwood
Mac

Monday

Gabriel Rodrigues - Staff writer



Bob Marley

Buffalo Soldier



The Sheepdogs

Laid Back



Monster Truck

For The Sun

Matt Rabey - Staff writer



Tales of Us

Another Earth



Adam Beyer

Flap



Matador

Korrado

Kayla Perry - Staff writer



Kings of Leon

Supersoaker



Jay-Z

BBC



Phoenix

Trying To Be
Cool

Volunteer Fair looks to create employment opportunities

BY GABRIEL RODRIGUES

Often times after graduating students struggle to find employment because of a lack of “experience,” so the Career and Employment Centre are trying something different by introducing the first annual Volunteer Fair.

“It’s an opportunity to volunteer within your field or whatever is an interest to you,” said Todd Gagnon, Laurentian University’s Student Employment Advisor. “It’s a chance to understand those environments.”

On Sept. 17, there will be over 40 organizations gathered in the Great Hall offering students to get involved in their respective fields of interest.

“The idea of wanting to do a volunteer fair was to give first years to masters graduates a chance to dive in,” said Gagnon. “For first and second years, the idea is to volunteer, give back and be part of this community.”

The ALS Society, Canadian Red Cross, the City of Greater Sudbury, and even Laurentian University Athletics are just some of the groups that will be at the Volunteer Fair, Gagnon said.

“Most organizations, if you volunteer there, it can lead to a job,” he said. “Many of times, such programs like social work or

nursing, people will get to know you, than they hire you because they are able to trust you.”

Gagnon said volunteering is “influential” in securing job opportunities in the future.

“It’s an essential part of what employers look at,” he said. “It shows leadership, community involvement, and commitment to wanting to be a part of these communities. Also, it gives students the chance to understand what the environment is all about early on.”

The Career and Employment Centre main’s focus with this Fair is to have students “engaged.”

“Laurentian is a big part of this community,” Gagnon said. “One big thing we would like to incorporate is the importance of the partnership between the University and community. We want students and different partners an opportunity to connect.”

The Volunteer Fair is just one of five fairs presented by the Career and Employment Centre this year, which include:

- the Career Fair, Oct. 1;
- the Engineering Fair, Oct. 8;
- the Graduate Fair, Oct. 29;
- And the Education Fair, Jan. 31.



Photo by Gabriel Rodrigues

Todd Gagnon poses at the Career and Employment Centre entrance.

“The majority of the fairs will be during the fall semester,” said Yanik Gauthier, project coordinator for the work fairs.

Gauthier said the Centre decided to put together the Volunteer Fair because it gives

more employment opportunity after graduating.

“We want to attract as many students because volunteering can go a long way in your career,” she said.

The Volunteer Fair will be held

on Tuesday, Sept. 17 from 10 a.m. to 2 p.m. in the Great Hall. For more information, please contact the Career and Employment Centre room L-210.

Laurentian kicks off first week with Yuk Yuks

BY WILLIE POLL

For new students the first few weeks at Laurentian University can be stressful; you have to make new friends, purchase expensive books and necessities, and learn your way around the Laurentian campus. This year, Laurentian kicked off the first week of school with a Yuk Yuks comedy show, which some students said alleviated their freshman jitters.

This year’s event starred Canadian comedians such as Dylan Gott, Graham Kay, Julia Hladkiewicz, and Garrett Clark.

The event took place Sept. 5 in the Fraser Auditorium.

“I think Yuk Yuks was a great ice breaker, especially for first years,” Laura Keefer, a first year student in the General Sciences program, said. “It’s an awesome way for students to get comfortable with each other, and laughing together is a great way to bond. Plus, the money went to charity, so it was also a great cause in general.”

The show was put on by the residence life office and made \$5500 for the Big

Brothers, Big Sisters program of Greater Sudbury. Which, according to their website, is “committed to empowering children to reach their full potential by providing friendship and guidance.” The proceeds were matched, making the money donated at a total of \$11000.

“I can’t believe they made that much money, I’m so happy that it’s going to such an amazing cause,” Laura Power, third year Communications student, said. “It really is a great cause, and everyone had a lot of fun. As a residence advisor,

it was awesome that the majority of my floor went, and seeing them all together laughing was really great, it’s an awesome event for students to bond over.”

This year’s event ranked close to what it had in previous years and made \$500 less than last year. The comedy skits were “unbelievably hilarious” and was “the best 10 dollars I ever spent,” according to Shaun Moreau, a first year Concurrent Education student.

Vandergoten: Work Study provides 'great chance to gain experience'

BY GABRIEL RODRIGUES

Students in post-secondary are often in need of financial support, but with the Work Study program, students can go to work and study without having issues scheduling time, according to Todd Gagnon, Laurentian University's Student Employment Advisor.

"Basically, students who want to be part of Work Study have to show financial need," Gagnon said. "That's the prime component of what we do. You have to be in financial need to be part of the program."

The Work Study program is an initiative provided by the Career and Employment Centre to create jobs on campus for students in financial need, and according to Gagnon, students don't have to be on Ontario Student Assistance Program to get a job.

"It isn't a mandatory requirement but it helps because the government sees that people who are on OSAP are in financial need," he said. "If you are not on OSAP, then you have to write a two-hundred word letter to our Student Award Financial Aid office saying this is the reasons why."

Gagnon said the Work Study program is on campus during an academic and summer year.

"It goes on for both seasons," he said. "During the summer months, students work full-time, so they can start saving up, gain experience, and still have a fun summer."

During the academic year, students work only zero to 15 hours a week.

"We don't want to go above



Photo by Gabriel Rodrigues

Caroline Vandergoten, Work Study coordinator, is also a History student at LU.

that because it shows student's marks decrease," Gagnon said.

Students are paid minimum wage, but Gagnon said, "Sometimes if the employer likes you they will give more."

Last year, the Career and Employment Centre helped over 250 students get a job on campus through the Work Study program.

"People get jobs within their field of study," he said. "We have a few nurses at the Health Centre; mining engineering students working in different departments, and a few students from our bio and chemistry programs working at Health Sciences North with cancer research. That goes a long way upon graduating."

Gagnon believes a student getting a job in their own field is essential because "it puts their foot in the door for great

references."

"It gives them an idea of what their profession expects of them," he said. "Not only does this help them know what happens in their field, but they are involved in the community and their people relations increase. It is all intertwined."

Although the Work Study program accepts all students, Gagnon said, jobs aren't just given.

"The students go through the interview process like any other position," he said. "If they meet all the requirements necessary, then, a committee looks at these applications and determines what jobs are best for the student."

Gagnon said the program gets over 500 applicants a year, so if a student doesn't get a job in their field, it doesn't mean they can never get it.

"Every year we don't grant the same departments," he said. "During the academic year, students are abundant, so we try to get more student based positions or where students need services. Sometimes, students get the job they wanted but if they didn't, they still get their foot in the door."

Caroline Vandergoten, Work Study co-ordinator, said the program is an opportunity students can't pass up.

"It's a great chance to gain experience and study at once," she said.

Vandergoten, also a fourth-year history student at Laurentian, received the co-ordinator position through Work Study and said, "It changed the way she looked at the University."

"I got to meet a lot of great

connections and change my career path completely," she said. "I now want to work for Laurentian and stay here because of my experience through the program."

Applications for the Work Study program will be sent out through Webmail, but students can pick one up at the Career and Employment Centre room L-210 or contact workstudy@laurentian.ca.

lambda@laurentian.ca

Cortical column: The prodigal students return

BY LUCAS TESSARO

First, a message to returning Laurentian Students – welcome back to another academic school year!

And to new students – welcome to higher education: where what you really are here to learn is how to critically think, assess rote information, and apply both of these foundations of knowledge into an integration of creative thought processes in a hyper-dynamic system – known as the Real World (RW).

Here in Cortical Column my goal is singular: to give readers a basic introduction into my field of study, neuroscience, from which all human psychological behaviours can be derived. These articles are based on my own experiences as an undergraduate in Dr. Persinger's Brain and Behaviour class, which I highly recommend to any student of any discipline should they have even the remotest of interest in how and why humans do what they do.

And as a bit of shameless self-

promotion – should any readers care to peruse previous editions of Cortical Column, I would be more than happy to oblige.

Rather than jump right back into where I left off last time (the thalamus and hypothalamus), I'd like to take this issue to give some pointers to students as to how to prepare for the challenges of university education. Professors and some teaching assistants may have this same information, but sometimes casual advice from a learned but complete stranger hits home a little better... especially if the advice is being given at 8:30am calculus.

For starters – forget everything you learned in High School.

Everything.

Except how to do mathematics and basic principles of science, of course (but the first month of most 1000-series classes are nothing but review anyways...)

Each of your professors is likely to have their own preferences for how they want things done, whether it be

lab reports, essays, or mathematical proofs. Get to know your professors, and find out those preferences. It's not brown-nosing; it's understanding that the RW doesn't have a set base of rules.

One of the best skills that any student can walk away from a university education with is adaptability. So get used to it early.

And I won't sit here and try to tell you to focus only on schoolwork, never party, etc.

Anyone who advocates that must have never been the ages of 18-thru-25.

On the contrary – find the time to relax, enjoy socializing, and most of all get the proper amount of sleep. The only way anything you study will be committed to memory is through sleep *cough* Cortical Column No. 1 *cough*.

At the same time, try to review all of your subjects at least once per day. If reviewing by yourself is either boring, or you end up falling asleep

reviewing (like I did), get a study session together. I always found I did better in the classes in which I was tutoring or leading a study session rather than doing it on my own.

But you can't tutor material you don't understand yourself...well technically you can, but that's bad news for everyone.

Get your textbooks early, and get used ones. The monopoly of the textbook industry seems to think that university students are all bazillionaires. If the bookstore has no used ones left, check the numerous postings around campus that pop up – and also check amazon.ca. Or try to find digital copies, if you catch my drift.

Keeping this one short and sweet, I have one final recommendation – go to class.

The prof might be boring, the class is boring, and the material is boring or whatever. But go to class. Setting up a routine for study habits is the best way to be successful in class.

And take notes by hand.

Sure, typing is faster but unless you are able to resist the urge to check Facebook every 5 seconds, or not just meander around the Internet, having a laptop in class is more detrimental to your learning.

Some of this might seem like common sense, but I know from my years as an undergrad that actually remembering these little tips is another thing entirely from putting them to good use.

Overall, university is not "High School, Part II". It's more about the experience of interactions with other students as much as it is about studying and learning new material.

Try to remember that a university education is more than raw grades. It's about learning how to problem solve and how to think critically.

Live long and prosper, young colleagues.

Seven steps to science success at LU

SUBMISSION BY MAXINE MYRE

It's that time of year again. As many new and returning students sharpen their pencils and prepare for the year ahead, I've compiled a list of seven tips (with the help of some friends) for success in any given science program:

1. Get through the first semester: The beginning of the year, especially in first year, can be quite an adjustment period with new courses and professors. Remember that these courses matter. A good knowledge base is essential for understanding more complex concepts later on. It is also difficult to recover from low first year marks. Resist the urge to procrastinate and develop a good work ethic. Which leads us to #2 ...

2. Develop important skills early on: Some of the most important skills to develop are time management and writing. These will be useful to you not only throughout your degree but long afterwards. Take advantage of services that are offered through the Centre for Academic Excellence that include writing help and many others.

3. Keep on top of course material: The first step here is attending lectures/tutorials/labs. By skipping class, you are likely missing out on many opportunities including meeting students with similar interests, developing a rapport with the professor, and learning in a more dynamic environment. Second, to help retain course material, some students swear by reading ahead of class while others prefer re-reading their notes after class. There is no right or wrong way to do this, but figure out what works best for you. Third, don't be shy to ask questions in class or during office hours. Doing this as questions arise will allow you to stay on top of things and not be totally lost when it comes time to study for the midterm or exam. Plus, professors like to see students engaging and showing interest in their course.

4. Master the labs: Labs will be part of

many courses you take in the sciences. Labs tend to go much smoother if you read through your protocol before arriving. Then, while things are still fresh in your mind, start writing your lab report right away instead of waiting a week or two. This way, you're less likely to forget the things you did in the lab or get mixed up between labs. It's also really great to think about how the lab fits in with the course material, when possible.

5. Use group work/studying effectively: Group work is required for many courses and labs. To make the most of your time spent in a group, try setting pre-determined dates to meet and goals for each meeting. Also, put cell phones away and take a break from social media (Facebook, Twitter, etc.) for the duration of your meeting. This will be worth it when your meeting is productive and time efficient. Studying in a group can also be beneficial, but avoid distractions or very large groups.

6. Find out what interests you: This might seem like an odd tip, but sometimes we get so caught up in the mandatory course that we don't take advantage of courses taught outside our main discipline to discover new interests. Take general interest classes/electives if possible. Test out a few courses that look interesting during the first few weeks and decide based on that. You might be

surprised about what you find. Another option is to get involved in research. Profs are often willing to take on keen students and sometimes paid positions are available, so it's worth looking into.

7. Have fun, stay healthy: Sometimes the workload at school can get quite overwhelming. Keep a balanced lifestyle as much as possible, as clichéd as that sounds. You might feel too busy to get enough sleep and exercise but these can

lower stress levels and boost energy and mood, among many other advantages. Also, make time to spend with friends. When you look back, you'll want to remember your time as a university student as a positive experience.

I hope this list helps you stay on track during your studies. But remember that it is by no means a 'one size fits all' list and you will need to find out what works best for you.



desk
COUNTLESS SERVICES
ONE DESK

- Bilingual service
- Health plan services
- Phone charger rentals
- Concert tickets
- On and off campus events
- Clubs
- Shipping and mailing services
- Grad photos
- International Student Identity Cards (ISIC)
- Food bank
- Ontario Northland tickets
- Sudbury Transit
- Community information
- Swag
- U-Pass

Located in the student centre

Voyageurs look to overcome loss of key players with defensive play

BY RON GUILLET

With the loss of veteran players from the first team squad, the Laurentian Voyageurs look to deploy a young, defensive group to compete in the Ontario University Athletics this season.

In the 2012-13 campaign, the Voyageurs finished with 11 goals for and 19 against, ranking them sixth in both categories. Davor Alisic supplied just over 50 per cent of the offense with six goals on the season. With his departure, the team will focus on its defensive game in order to improve.

Thus far, the team has played as advertised with a 2-1-1 record. They have done so with the loss of goalkeeper Matt George, defender Daniel O'Connor, and forward Alisic from last year's squad.

New to the Voyageurs are goalkeeper Duncan Jobson, defenders Ayden Meilleur and Jeff Ruttan, midfielders Chris Atkinson and Gabriel Rodrigues, and forwards Joel Lavac, Matin Abinah, Matti Chanturiya, Cole Giffin, Athus Oliveira, Brendan Rorke and Jose Santos.

Replacing Alisic as captain is Stephen Fattore, who is in his fifth year with the Voyageurs and has amassed 48 career games in that span.

Head coach Carlo Castrechino hopes this year's squad can maintain consistency.

"I find it really hurt us last season," Castrechino said. "I expect to compete game in and game out. We are a very



Photo by Ron Guillet

The Voyageurs have started the season with a 2-1-1 record.

young team and hopefully that hunger and eagerness will show through in games."

Castrechino had said in the off-season that team defense would be the focus until they're comfortable offensively, and the team has delivered thus far. Among the class of recruits that have made an immediate impact are Meilleur, Atkinson and Jobson. Castrechino said the team is "looking for big things from them for now and the future."

Castrechino is confident in his current squad's abilities, as he believes "Cameron Brooks is one of the top defenders in Ontario. With him, Omar Allison, Stephen Fattore, and Liam Dougherty, our leadership will help the young team we have."

Brooks, who is in his fourth year and is on a 48-game ironman streak, has embraced the new defensive strategy and thinks it will aid the team in sustaining success.

"The most important thing for us to do this year will be to play solid defensively and try to keep as many clean sheets as we can," Brooks said. "Realistically, if you never get scored on you can never lose, so as long as we can always give ourselves a chance to win, it will set ourselves up for a strong season."

Brooks said he isn't too concerned with personal expectations but he's hopeful the team can reach new heights

this season.

"I don't have too many personal expectations for the season, just mainly looking for the team to do as well as we can," Brooks said. "Of course I would like to be named to the OUA All-Star team again but in the three years I have been here we have only made it into the quarter-finals once, so it would be nice to get there again and make a push to be in the final four and make it to the OUA championships."

Dougherty, who is also entering his fourth season, said the Voyageurs must forge an identity through hard work.

"My expectations for this season would be for us to come into each game prepared and ready to work for the full 90-plus minutes, as we are a young team with a lot to prove," Dougherty said. "More specifically, make the playoffs and work on getting to the next round one game at a time."

In terms of personal expectations, Dougherty aims "to provide our young team with some good leadership both on and off the field. But on the field, my two goals are to be an OUA All-Star and try to get at least seven goals on the year." ronguillet@gmail.com

Women's soccer team forges new identity with several new faces



Photo by Ron Guillet

Defender Madison Beaudry completes a slide tackle.

BY RON GUILLET

The Laurentian Voyageurs' women's soccer team enter the 2013-14 campaign as a rebuilding club looking to forge an identity with 10 recruits imported.

Last season, the Voyageurs posted an impressive 9-5-2 record, with 24 goals for and 16 against, third best in the East division. The offense ranked fifth, an area head coach Rob Gallo hopes to improve upon.

Gone from last season's squad, however, are: Carlie Bettiol, Crystal-Ann Hackett, Samantha Innocente, Renee Jacques, Jaimee Lafraniere, Karine Lavictoire, Meriko Saito, Brette Vanderwoude, Lisa Watson and Teghan Persi.

New to the team are: Melissa Ayotte, Vanessa Cesario, Sydney Emanuel, Megan Gallo, Heather Gilbert, Nathalie Harris, Carlee Parisotto, Alexandra Ross, Amanda Smith and Stefanie Vallee.

In order to overcome the loss of their top goal scorer and shots leader, Watson, the Voyageurs will have to rely on its backend more

often this season.

"We need to improve on our transition game through the midfield and developing a consistent attack in the final third of the field," Gallo said. "I am pretty confident in our veteran keepers to stabilize a defence that will consist of first and second years."

Gallo said the team does not have the depth to afford losses to injury, and is hopeful the team can remain healthy throughout the 16-game schedule.

"We need to get to the playoffs healthy," Gallo said. "The last two years we have had too many injuries to key players that has resulted in early exits. We do not have a deep experienced bench and we cannot afford injuries to key players."

Despite deploying an inexperienced team, Gallo is confident of the squad's quality and has not altered his expectations.

"We always strive to make the playoffs," Gallo said. "We have achieved this eight out of the last nine years. Once in we want to get to the final four."

Gallo said the team has displayed a tenacious work ethic thus far, and the young players have been resilient in their development in the Ontario University Athletics.

"Again, with a young team we have to ensure that every player is prepared to play when called upon," Gallo said. "The OUA is a tough league. We put in the most kilometers on the road of any team in the OUA. We need to ensure we have good team chemistry and a mentality that we can win any game when we step on the field."

When asked if he expects a certain player to breakout this season, Gallo replied, "Celine Valiquette has come into 2013 in the best condition ever. She has worked hard to establish herself as a quality player on our team."

ranguillet@gmail.com

Jobson brings pedigree between the pipes

BY RON GUILLET

With the loss of veteran goalkeeper Matt George in the off-season, the Laurentian Voyageurs sprung into action and recruited a young talent to fill the void, a Sports Psychology student by the name of Duncan Jobson.

Jobson is 17 years old and should be on campus for the next five years, which should give him ample time to develop with a young team. His tenure started on the right foot with two clean sheets in three games, and conceding a total of two goals on 18 shots.

The Voyageurs had initially brought Jobson aboard on a part scholarship, but the departure of George granted him a full one instead and the starting position between the pipes.

The Bracebridge, Ontario native has played soccer since he was three years old. He started in the Timbits program and worked his way through the ranks. Preoccupied with hockey

and basketball, however, it wasn't until he was 13 years old, just four short years ago, that he decided to focus primarily on soccer. Since then, Jobson has had stints with the Toronto FC academy, the Unionville-Milliken soccer club, the Barrie soccer club, and the York Region Shooters.

His inspirations that led him along the way were goalkeepers Petr Cech, currently of Chelsea in the English Premier League, and Edwin Van Der Sar, who played on teams such as Ajax, Fulham, Manchester United and Juventus.

"I learned most of the basics of goalkeeping from watching video compilations of them stopping the ball on YouTube," Jobson said. "That's where I learned how to play."

Jobson said he hopes to "improve all aspects of my game and hopefully make nationals while I'm here. (And to) take the team to the playoffs and go as far as possible. I'd also really like to get



Photo supplied

Goalkeeper Duncan Jobson, 17, has conceded two goals on 18 shots in three games thus far.

a chance to play for the OUA All-Star team."

Jobson is confident in his abilities as a goalkeeper, but said he'll have to adjust to the positive approach of the OUA.

"I would describe my own

ability as a solid all around keeper, although I will need to improve on my aggression because of the aggressiveness of the OUA players," Jobson said. "Of course there's always room to improve on all aspects of my game as well."

Those who wish to see Jobson in action with the Voyageurs can catch their home opener on Sept. 14 against the Queen's Gaels.

ranguillet@gmail.com

Road report: Voyageurs soccer teams start strong

Women's soccer team

BY LAMBDA STAFF

Aug. 31: The Voyageurs women's soccer team were able to secure their first victory of the season against the Trent Excalibur. Laurentian debuted a young squad in their season opener on Saturday, Aug. 31, however pulled through with a 2-0 victory.

Laurentian opened the scoring early in the first half off a through ball from sophomore Gabrielle Conrad to forward Julie Lopez. The Voyageurs controlled the play throughout the first half, maintaining possession in the opposing end and creating many opportunities. Celine Valiquette capitalized midway through the half, putting Laurentian up by two heading into the second.

The second half of the game started off slowly for both teams, however it picked up and the Voyageurs were able to create opportunities in the attacking end. While Laurentian had chances, they were unable to convert any additional goals. At the opposite end, Trent was unable to find the net throughout the game, giving Richele Greenwood her first clean sheet of the season.

Sept. 3: The women's soccer team was looking to follow up their win against Trent by taking three points from Nipissing on Tuesday, Sept. 3. Despite getting up by two in the first half, the Voyageurs had a shaky second half, allowing Nipissing to net two of their own, ending in a 2-2 tie.

The Voyageurs started off the game at a slow pace, however their solid defensive line enabled them to clear any chances that Nipissing created. Their first goal came from hard work inside the box from striker Celine Valiquette and was finished by Amanda Kwan. Laurentian's second goal was a well-placed shot scored by Amy-Lynn Pitton off a combination play in the attacking third.

The second half was quite shaky for the Voyageurs. Stefani Giftopolous scored Nipissing's first goal early on in the half. There was very few opportunities created within their opponent's end, and the women were forced to defend for the

majority of play. Laurentian struggled to hold onto their lead up until the 86th minute, when Nipissing scored off a well placed header that just managed to find its way to the back of the Voyageurs net.

Sept. 7: The Voyageurs were looking to take away a win against the Ryerson Rams on Saturday, Sept. 7. Despite a slow first half of the game, the Voyageurs were able to secure the three points with a late goal in the game, defeating the Rams 1-0.

Laurentian was unable to set the pace in the first half, and spent a majority of the time fighting for possession in the central third of the field. The back line, led by veterans Leah Ramahlo and Madison Beaudry, shut down any opportunities that Ryerson brought forward. The Voyageurs eventually found their footing, and within the last 15 minutes of the half they earned two corners and created opportunities in their attacking third.

The Voyageurs started off the second half of the game with a much higher level of intensity, putting the Rams under pressure and elevating their physical presence on the field. Laurentian was able to find the back of the net late in the half when Lopez stole the ball from Ryerson's goalkeeper. The Voyageurs held onto their lead, finishing the game up by one, giving Laure Van de Valk her first shutout of the season.

Sept. 8: The Voyageurs played in a defensive tilt against the Toronto Varsity Blues on Sunday, Sept. 8, bringing their record to 2-0-2.

Laurentian only managed two shots on net to Toronto's four on Richele Greenwood.

Men's soccer team

BY LAMBDA STAFF

Aug. 31: The Laurentian Voyageurs men's soccer team took away three points in their season opener against the Trent Excalibur. The Voyageurs scored two goals early on in the game, and held off for a 2-0 win.

The Voyageurs put Trent's backline under pressure early on the game with Ian Wolfe netting his first of the season around the 20-minute mark. The game proved to be very physical from both teams, with the intensity increasing as the play progressed. Wolfe was able to convert on a free kick outside of Trent's penalty box midway through the half, putting Laurentian up by two going into the second half.

The Voyageurs spent a fair share of the second half battling in their end, however they were able to hold off any goals. Seniors Cam Coulter and Cameron Brooks provided Laurentian with a solid backline, stopping Trent from capitalizing on any opportunities. The game ended in a 2-0 victory for Laurentian, with Duncan Jobson netting his first Ontario University Athletics shutout.

Sept. 3: Laurentian was able to secure their second win of the season against Nipissing in a very physical game on Tuesday, Sept. 3. The men were heading into the game fresh off a solid victory against Trent on Saturday and looking to take another step forward early in the season. The Voyageurs were able to secure the game with a 1-0 victory against the Lakers.

Starting off the first half, Nipissing was playing an offensive game, sending long balls to their strikers and putting Laurentian's defense under high pressure. While this forced the Voyageurs to adopt a more defensive approach, this did not take away their opportunities in their opponent's end. At the 41st minute of the first half, Laurentian was able to capitalize on a free kick. Coulter was able to get a head on a ball sent into the box by fourth-year defender Brooks, putting the Voyageurs up by one leading into the second.

The second half showcased the

Voyageurs' defensive tenacity and patience as Nipissing was pressing to score an equalizing goal. The intensity of the game increased, resulting in cards being given out to both teams. Jobson made key saves for Laurentian, allowing for them to hold on to Coulter's goal for a 1-0 win, and earning Jobson his second shutout of the season.

Sept. 7: The men's soccer team was looking to continue their winning streak in their game against the Ryerson Rams on Saturday, Sept. 7. The Rams took the three points, however, scoring two goals in the second half, and beating Laurentian with a final score of 2-0.

The first half of the game was a battle for possession between the two teams, with both the Rams and Voyageurs creating opportunities at either end of the field. Laurentian defended well, shutting down Ryerson at every opportunity throughout the first 45 minutes. Both goaltenders stopped all shots coming into them, leaving each teams scoreless at half.

The Rams raised their level of intensity during the second half of play, keeping Laurentian inside of their end of the field throughout the half. After fighting in their end for 70 minutes, Laurentian gave up their first goal to Ryerson when Armin Tankovic netted his first of the game. The Voyageurs were able to counter with an attack from forward Stephen Fattore, however they were unable to convert. Ryerson scored once again late in the game, with Alexander Braletic netting his second of the season.

Sept. 8: Laurentian took on the Toronto Varsity Blues on Sunday, Sept. 8, in what was a frantic game as the Voyageurs played a 1-1 draw.

Thomas Guscott started in his first game between the pipes, and he kept the Voyageurs afloat as he faced 10 shots in net. Laurentian, meanwhile, had two shots on target and captain Fattore managed to convert one of them in the 70th minute. Nirunthan Sivananthan, however, replied in the 88th minute to secure the draw.



Photo by Gabriel Rodrigues

The women's hockey team congregated at the Countryside Sports Complex last week in preparation for their debut in October.

Colarossi: 'Losing and rolling over is not going to happen'

BY GABRIEL RODRIGUES

As the Laurentian women's hockey team prepares for its inaugural season, their coach is determined to not be taken lightly from opposing teams this year.

"From my players I expect them to come to the rink prepared to play every day," said head coach, Stacey Colarossi. "We are looking to build a foundation of having quality players and a team with character. And that character will be relentless, work hard day in and day out regardless of the score."

Colarossi said her team will probably struggle during its first ever season competing in the OUA division, but believes "preparation will be key to the level of competition they are about to face."

"No team has ever made the playoffs playing their first year in this league," she said. "It would obviously be an ideal situation for us as a program to make playoffs. More importantly, I'm hoping we are competitive and not having 5-0 blow outs."

Colarossi isn't a stranger to CIS women's hockey, as she was assistant coach for York University for nine years, including being assistant coach of the gold medal winning Canadian women's hockey team at the International University

Sports Federation (FISU) games in 2011.

Although being competitive is a focal point for Colarossi, she understands the importance of academics as well.

"We are very well rounded," she said. "A lot of the girls are outstanding academically. Many of them are in the high 80 and 90 averages. They are not just athletes, but definitely students of the game."

Colarossi said her team will be young, as the average age is expected to be 20 years old, "But if they come to play, they can take a good chunk of the games this year."

"It will be tough," she said. "I hate losing but I understand we are inexperienced players. So even if we are losing 5-0 in the third period, there is still some work to put in as if it was a 2-1 game. Losing and rolling over is not going to happen."

Colarossi believes her coaching staff will be that guided experience the team needs to succeed.

"We all bring something different to the table," she said.

From a strength and training coach to even a mental skills coach, Colarossi is happy with her staff.

"We have a young group of girls, so we have a lot of physical needs," she said. "Every member of this team has a

different role to play."

Valerie Charbonneau, assistant coach for the Laurentian women's hockey team, is one of those coaches that will be a key leader to the girls because of her experience in her playing career, according to Colarossi.

Charbonneau, a Sudbury native, was a goalie for five years at Carleton University and played two years in the Canadian Women's Hockey League, and said she can relate to her players.

"It hasn't been too long since I played," Charbonneau said. "The opportunity I had to compete at the highest level gives an advantage to the girls because Olympians have taught me so much in work ethic."

Charbonneau is convinced conditioning is a key factor to her team's success this year.

"This is the highest level of women's hockey other than the CWHL," she said. "Size is a huge difference at the CIS level. These are women we are playing with some being over 25 years of age. So strengthening and conditioning goes a long way."

Lindsey Brazill, an 18 year old player for Laurentian from Bowmanville, Ont., is expecting an exciting but learning season.

"It will be a good experience," she said. "Everybody works hard and I think it will

pay off. All the girls have great characters, so that makes it better going into my first season."

Brazill said she realizes her team will be young, but is mostly looking forward to the group's development at the end of the year.

"We have potential in the long run," she said. "Obviously for a little bit we have to get to know each other through the way we play. Hopefully by the end, we can see all the work we will put in."

The Laurentian women's hockey team will soon be tested in its first two preseason games on Sept. 14 and 15 when they travel to Toronto to face Ryerson University and the University of Toronto.

However, the official season kicks off on Oct. 5 when the women's team hosts the Guelph Gryphons at Countryside arena.

For ticket information, please call 705-673-6542 or contact voyageurhockey@laurentian.ca.
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